

and Berkeley International GRand Championships. Advanced Tai Chi students are expected to assist in the Beginning and Intermediate classes.

Calavera Hills Community Center: Activity Room

Instructor: John Page **Age: 18Y and up**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|----------|------|-----------|
| 38016 | 7:00-9:00pm | W | Jun 4-25 | 4c | \$45/\$55 |
| 38017 | 7:00-9:00pm | W | Jul 2-30 | 5c | \$45/\$55 |
| 38018 | 7:00-9:00pm | W | Aug 6-20 | 3c | \$45/\$55 |

Yoga ♥

Beginner/Intermediate

This is an active, moving Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice. In addition to stretching and strengthening your muscles, joints, and spine, practicing Yoga improves your coordination and balance. You will learn breathing techniques that will nourish your brain, reduce your stress level, and improve your ability to concentrate – but one of the greatest benefits is the feeling of calm and wellbeing that comes over you after a practice. No previous yoga experience necessary. You will need to bring your own yoga mat to class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|----------|------|-----------|
| 37297 | 5:30-6:30pm | Tu | Jun 3-24 | 4c | \$24/\$34 |
| 37298 | 5:30-6:30pm | Tu | Jul 1-29 | 5c | \$30/\$40 |
| 37299 | 5:30-6:30pm | Tu | Aug 5-19 | 3c | \$18/\$28 |
| 37300 | 6:00-7:00pm | Th | Jun 5-26 | 4c | \$24/\$34 |
| 37301 | 6:00-7:00pm | Th | Jul 3-31 | 5c | \$30/\$40 |
| 37302 | 5:30-6:30pm | Th | Aug 7-21 | 3c | \$18/\$28 |

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. This is an active moving Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. No previous Yoga or Pilates experience is necessary. Please bring a yoga mat.

Senior Center: Auditorium

Instructor: Sally Pawoll **Age: 14Y and up**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|----------|------|-----------|
| 37186 | 6:00-7:00pm | M | Jun 2-30 | 5c | \$30/\$40 |
| 37187 | 6:00-7:00pm | M | Jul 7-28 | 4c | \$24/\$34 |
| 37188 | 6:00-7:00pm | M | Aug 4-25 | 4c | \$24/\$34 |
| 37189 | 6:00-7:00pm | W | Jun 4-25 | 4c | \$24/\$34 |
| 37190 | 6:00-7:00pm | W | Jul 2-30 | 5c | \$30/\$40 |
| 37191 | 6:00-7:00pm | W | Aug 6-27 | 4c | \$24/\$34 |

MARTIAL ARTS

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan ♥

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 13Y and up**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|-------|--------------|------|------------|
| 37792 | 6:00-7:00pm | W: R | Jul 2-Aug 20 | 15c | \$96/\$106 |
| | 11:00am-12:15pm | Sa: A | | | |

Adult: Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2-5 p.m. once every 6 weeks. Dates TBA by the instructor.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 13Y and up**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|-------|--------------|------|-------------|
| 37795 | 4:45-6:15pm | M: A | Jul 2-Aug 20 | 22c | \$120/\$130 |
| | 5:30-7:00pm | W: R | | | |
| | 10:00am-12:15pm | Sa: A | | | |

Youth: Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 7Y - 12Y**

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|-------|--------------|------|------------|
| 37798 | 4:00-4:45pm | M: A | Jul 5-Aug 23 | 15c | \$96/\$106 |
| | 8:30-9:30am | Sa: R | | | |

Youth: Intermediate

Develops a mastery of the basic techniques, while introducing more advanced ideas and techniques for sparring and self defense. More intense training allows students to increase their physical, mental and emotional endurance.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|---------------|-------|--------------|------|------------|
| 37801 | 4:00-5:30pm | W: R | Jul 2-Aug 20 | 15c | \$96/\$106 |
| | 10:00-11:00am | Sa: A | | | |

Youth: Advanced

Students continue learning a more complex range of techniques and forms as they continue to master fundamental principles. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2-5 p.m. once every 6 weeks. Dates TBA by the instructor.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|--------------|-------|--------------|------|-------------|
| 37804 | 4:45-6:15pm | M: A | Jul 2-Aug 20 | 22c | \$120/\$130 |
| | 4:30-6:00pm | W | | | |
| | 9:30-11:00am | Sa: A | | | |

Karate-Shotokan

Adult: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn basic karate techniques and forms. As participants progress in skills, knowledge and conditioning, they work towards mastery of the techniques while learning more advanced forms, sparring and self-defense techniques. Students are periodically given the opportunity to demonstrate increasing proficiency in order to earn more advanced belts and ranks.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 13Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|------|--------------|------|-----------|
| 37880 | 8:15-9:30pm | M/W | Jul 2-Aug 20 | 24c | \$69/\$79 |
| | 11:00am-12:15pm | Sa | | | |

Youth: Beginning-Advanced

Classes promote the development of fitness, self-confidence, self-discipline, artistic expression and respect, in a structured, disciplined, fun, challenging and mutually respectful environment. Beginning students are introduced to dojo etiquette and basic karate techniques and forms, while advanced students work towards mastery of sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 13Y

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|--------------|------|--------------|------|-----------|
| 37886 | 7:05-8:15pm | M/W | Jul 2-Aug 20 | 23c | \$69/\$79 |
| | 9:45-11:00am | Sa | | | |

Kendo: Japanese Swordsmanship

Beginning

Modern Kendo, literally translated 'the way of the sword', began with the samurai warriors of Japan and influenced Japanese culture for several centuries. Japanese swordsmanship was known by other names such as Ken Jutsu (sword art) and Batto Jutso (striking sword art) and primarily developed as a method of combat. The method of practice and purpose has changed with the changing needs of the people, but Kendo continues to develop character, self-discipline, respect and physical fitness.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|--------------|------|-----------|
| 37893 | 3:00-4:30pm | Su | Jul 6-Aug 17 | 7c | \$30/\$40 |

Advanced

Experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|--------------|------|-----------|
| 37894 | 4:30-5:30pm | Su | Jul 6-Aug 17 | 7c | \$40/\$50 |

Soo Bahk Do Karate

Beginning

Soo Bahk Do is a Martial Art practiced as a form of self-defense. Through the practice of Soo Bahk Do, one may achieve a high degree of mental, spiritual and physical well being. Soo Bahk Do, a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|--------------|------|-----------|
| 37889 | 6:30-7:30pm | Th | Jul 3-Aug 21 | 8c | \$40/\$50 |

Intermediate

Students that are able to perform the basic techniques that were taught in the beginning class, are taught more advanced methods.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-------------|------|--------------|------|-----------|
| 37892 | 7:30-8:30pm | Th | Jul 3-Aug 21 | 8c | \$40/\$50 |